

Wayne County Area Agency on Aging

NEWS FOR ALL SEASONS



June 2016





Mother's Day was a beautiful celebration of all the lovely ladies that came to visit the center. A great lunch, a yummy dessert and laughter was had all around.

There were flowers given to everyone in attendance and door prizes picked for the lucky ladies that won them!



The celebration doubled as a party for the Kentucky Derby as well! The fastest two minutes in sports was



started off with
Mint Juleps, horse racing and
hats! The 142nd Kentucky
Derby was in full swing at the
Honesdale Senior Center. The
lively crowd "horsed around"
with the races and everyone
had a chance to put their hot
air into the day!

Pictures:

upper left: Kimber Best losing her horse race

upper right: a tie finish for Nancy Kutch and Pat Perkins

to the left: Rebecca VanBreda enjoying her Kentucky Derby-Mother's Day!

CONGREGATE	MENU	1) Broccoli n Chic pea salad Whole Wh Spaghetti W/ Meat Sauce Apricots	k 2) Pork Loin Pierogies Applesauce Peas n Pearl onions Ambrosia Northern Wayne: Grape juice, Salad w/red/yell pepprs, chix salad, WW brd, tomato, Ambrosia, cookie	3) Salad w/red n yellow peppers Pizza Sausage bites w/sauce Broccoli Vanilla pudding
6) Corn chowder Whole Wh Bread Salisbury steak w/Gravy Mashed potato CapeCod blend veget Orange segments	7) Shredded Pork Barbecue On Bun Coleslaw Cauliflower Warm Diced peaches Over Biscuit	8) Veget chile Whole W Rotini Salmon baked w/ Apple Sauce Rye Bread Fresh cut honeydew	9) Side Caesar salad Ham WrmPineappl slices Parmesan butterd Fet- tucc Sweet potato Vanilla Ice cream	10) Baked Chix tenders Baked potato w/sour cream Baby carrots Cabbage Cube Cornbread Fruit cocktail
13) Haddock Fish Patty On Bun Tartar sauce Stewed tomatoes Brussel sprouts_w Oatmeal raisin cookie	14) Baby Spinach salad Chix Cacciatore over wh wh pasta Succotash Red Jello cake, topped with few blueberries n whipped cream	15) California burger On whole wheat Bun Sweet potato cube Grapes	16) Vegetable lasagna Sausage bites Broccoli Strawberries Dollup whippd Northern Wayne: cranberry j, cottage cheese w/diced pineapple, egg salad on pita, strawberries	17) FATHER'S DAY Cottage cheese With Diced Pineapple Roast beef w/gravy Red skin mashed potatoes Broccoli Dinner Roll STAY FOR YOUR CENTER'S ICE CREAM SOCIAL
20) Meatloaf Mashed potatoes Mixed vegetable Cornbread Apple Betty	21) Tom w/beans soup Cheeseburger On bun Potato Salad Pink Grapefruit	22) Salad w/grated carrot n pepper Chicken Parme- san Whole wheat rotini Broccoli Vanilla ice cream	23) Butternut squash soup Whole Wheat crackers Tunafish salad Pita Lettuce, tomato Vegetable Slaw Fruit Medley	24) Orange-pineapple juice Egg Omelette Salsa-mild Turkey Sausage Patty Hash brown patty Rye bread Oatmeal Raisin Cookie
27) Stuffed Shells Meatballs w/ Sauce n Parm Cauliflower Italian bread Pineapple tid- bits	28) Marinated tomato slices-topped with mozz cheese Breaded porkchop Garden Rotini Wax beans Strawberries (Dollup whippd)	29) Honey Mustard chicken Mashed potato Zucchini Mixd vegetables Whole Wheat bread LornaDoones	30) Roast turkey w/Gravy Mashed potatoes Brussel sprouts Whole wh dinner roll Wrmd diced peaches On biscuit Dollup whipped	MILK WITH ALL MEALS

Page 2 NEWS FOR ALL SEASONS

EVERYDAY AT THE HAWLEY CENTER

Monday
Cards & Games
8-3
Gym Equipment
10:30 – 11:30
Exercise
11:30 - 3
Mah Jong

1-3 Wii Bowling

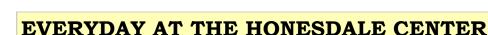
Tuesday
Cards &
Games
8-3 Gym
Equipment
1 - 2 Bingo

Wednesday
Cards & Games
8-3 Gym Equipment
10 - 2 Crafts
10:30 - 11:30
Exercise
1-2 Tai Chi *fee
5:30 - 8:30

Mah Jong

Thursday
Cards & Games
8-3
Gym Equipment
1:00 Bingo
11 – 2:30 Card
Club

Friday
Cards & Games
8-3
Gym Equipment
10 - 2 Crafts
10:30 - 11:30
Exercise



CAREGIVER'S SUPPORT GROUP
WEDNESDAY, JUNE 8th - 1:30 pm

Monday
10:00 Walking
Club
10:30 Bridge
12:00 Jazz Class
1:00 Crafts
2:00 Line
Dancing

Tuesday 10:30 Exercise 1:00–4:00 Pinochle



Wednesday 8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi *fee 1:00 Art Class 1:00 Bingo 1:30 Tap

Dancing

Thursday 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards

Friday
10:30 Exercise
1-2:30 Shuffleboard
1-2:30 Cribbage
1:00 Pool
1-2:30 Rummikub
1:30 Memoir
Writing Group
(1st & 3rd)

EVERYDAY AT THE HAMLIN

Monday Cards & Games 8:00-12 Pinochle Tuesday
Cards &
Games
1:00 Bingo

Wednesday
Cards & Games
10:00 Exercise

Thursday
Cards & Games
10:00 Exercise
1:00 Crafts

<u>Friday</u> Cards & Games 10:00 Bingo



NORTHERN WAYNE GROUP

Thursday

JUNE 2 & JUNE 16



You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down.

4444444444444

Mary Pickford



The Farmers Market Nutrition Program provides \$20.00 in vouchers to eligible seniors.

This program is made possible through the Department of Agriculture, an equal opportunity provider.

To Qualify You Must Bring With You:

<u>Proof of Age:</u> driver's license/id card /birth certificate; (must be 60 by December 31, 2016)

And Proof of Residence: utility bill with a street address

The income guidelines: 1 person \$21,978; 2 people \$29,637

Vouchers will also be distributed in June at the five Wayne County Food Pantry Distribution Sites

Hamlin Senior Center

Hawley Senior Center

Honesdale Senior Center

Friday, June 24th

Monday, June 27th

Tuesday, June 28th

10:00 am - 12:00 noon 10:00 am - 12:00 noon

9:00 am - ?? till run out



IMPORTANT REMINDER

If you are picking up vouchers for someone other than yourself (even for a spouse; even if you have p.o.a.), you <u>must</u> have a signed proxy form. Please call the aging office at 253-4262 to have one sent to you, or drop by any senior center for the proxy form, <u>prior to distribution</u>. You will still need to bring the required proof with you, along with the signed proxy form, for that person. Please call with any questions.



PENNSYLVANIA

AARP SMART DRIVER CLASS

AARP SMART DRIVER 4 and 8 hour defensive driving course is designed for qualified drivers aged 50 and older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in PA are required by state law to give a minimum discount of 5% to all qualified policyholders age 55 and over and who take the course.



The 8 hour class is given in two, four hour sessions and is required for first timers and those who have not taken the class within the past 36 months. The one day, four hour class, is only open to those who provide evidence of taking the class during the previous 36 months. A \$20 fee (\$15 for AARP members) is charged for each class. Class size is limited so advanced reservations are necessary for placement in any class. Please bring your driver's license, AARP card if a member, and proof of your previous course (if taking the 4-hour refresher). For more information please call Wayne County Area Agency on Aging at (570) 253-4262 or to make a reservation and get direc-

4 Hour Sessions: Must Have a Recent 8 Hour Course

September 12th Hawley 1 pm—5 pm

September 22nd Honesdale 12:30 pm—4:30 pm

October 14th Hawley 1 pm—5 pm

8 Hour Sessions: 1 pm - 5pm

HONESDALE CENTER
June 15 & June 16
HAWLEY CENTER
August 16 & August 17

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Huntington's disease (HD) is a fatal genetic disorder that causes the progressive breakdown of nerve cells in the brain. It deteriorates a person's physical and mental abilities during their prime working years and has no cure. HD is known as the quintessential family disease because every child of a parent with HD has a 50/50 chance of carrying the faulty gene. Today, there are approximately 30,000 symptomatic Americans and **Huntington** more than 200,000 at-risk of inheriting the disease. HD affects both sexes and all races and ethnic groups Disease around the world.



Many describe the symptoms of HD as having ALS, Parkinson's and Alzheimer's - simultaneously.

Symptoms usually appear between the ages of 30 to 50, and worsen over a 10 to 25 year period. Ultimately, the weakened individual succumbs to pneumonia, heart failure or other complications. Over time, HD affects the individual's ability to reason, walk and speak.

Symptoms Include:

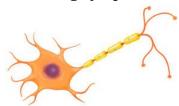
- Personality changes, mood swings & depression
- Forgetfulness & impaired judgment
- Unsteady gait & involuntary movements
- Slurred speech, difficulty in swallowing & significant weight loss

Early stage HD usually includes subtle changes in coordination, perhaps some involuntary movements, difficulty thinking through problems and often a depressed or irritable mood. Medications are often effective in treating depression or other emotional problems. The effects of the disease may make the person less able to work at their customary level and less functional in their regular activities at home.

In the middle stage, the movement disorder may become more of a problem. Medication may be considered to provide relief from involuntary movements. Occupational and physical therapists may be needed to help maintain control of voluntary movements and to deal with changes in thinking and reasoning abilities. Diminished speech and difficulty swallowing may require help from a speech language pathologist. Ordinary activities will become harder to do.

In the late stage, the person with HD is totally dependent on others for their care. Choking becomes a major concern. At this stage, the person with HD can no longer walk and will be unable to speak. However, he or she is generally still able to comprehend language and retains an awareness of family and friends. When a person with HD dies, it is typically from complications of the disease, such as choking or infection and not from the disease itself.

In all stages of HD, weight loss can be an important complication that can correspond with worsening symptoms and should be countered by adjusting the diet and maintaining appetite.



The Huntington's Disease Society of America has a nationwide network that provides support and referrals for individuals with HD and their families.

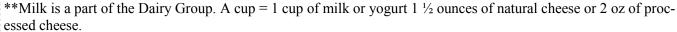
Source: www.hdsa.org

Make
Better
Beverage
Choices:
10 tips to
get
started

- 1. **Drink water** Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.
- 2. How much water is enough? Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.
 - 3. **A thrifty option** Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.
 - 4. **Manage your calories** Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages: drinking water can help you manage your calories.
- 5. **Kid-friendly drink zone** Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.
- 6. **Don't forget your dairy**** When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need $2\frac{1}{2}$ cups and children 2 to 3 years old need 2 cups.
- 7. **Enjoy your beverage** When water just won't do enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.
- 8. **Water on the go** Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
- 9. Check the facts Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.
- 10. Compare what you drink

Food-A-Pedia, an online feature available on the SuperTracker web-

site, can help you compare calories, added sugars, and fats in your favorite beverages.



^{* 100%} juice is part of the Fruit or Vegetable group. Juice should make up half or less of total recommended fruit or vegetable intake.

What you drink is as important as what vou eat. Many beverages contain added sugars and offer little or no nutrients. while others may provide nutrients but too much

fat and too

many calo-

ries.

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I'm working again, but I still can't afford my

MedIcare costs...

Is there any help out there for me?



YES! If you are a working person with a disability under 65 and on Medicare, the Qualified Disabled Working Individuals Program (QDWI) may helpyou!

QDWI is a Medicare Savings Program that may help pay some Medicare costs for low-income working individuals with a disability.

If you are single with a monthly income of about \$4,000 (or married with a combined monthly income of about \$5,300), **this program may help you.***

*Income limits vary by state..

FOR ASSISTANCE, CALL:

Wayne County Area Agency on Aging 323-10th Street, Honesdale, PA 18431 570-253-4262





Wayne County Mental Health Crisis Hotline • 1 (800) 982-4344 NHS Northeastern PA Or get the person to an emergency room

Sponsored by: WAYNE AGING AND DISABILITY RESOURCES

A NETWORK OF CARING: For Seniors, Persons With Disabilities &
Their Caregivers and Wayne County Behavioral and Developmental
Programs and Early intervention, Wayne County Commissioners,
Wayne County Sheriff's Department and Project Child Safe



DO YOU NEED HELP WITH MEDICARE?



people with Medicare

The *Apprise Program*Can Help!

CALL TODAY!

570-253-4262

APPRISE is a free health insurance counseling program designed to help all Pennsylvanians with Medicare. Specially trained counselors can answer your Medicare questions and provide objective, easy-to-understand information.

Wayne County Area Agency on Aging 323 10th Street • Honesdale, PA 18431 www.Aging.WayneCountyPA.gov

PENNSYLVANIA



A network of caring for seniors, persons with disabilities & their caregivers.

1-800-753-8827

Aging.WayneCountyPA.gov/ADRC-2

GOULDSBORO COMMUNITY DAY

SATURDAY, JULY 16, 2016 12 NOON to 3:00 PM Gouldsboro Train Station, Route 507@547 Main St

FREE INFORMATION ON STATE, COUNTY & LOCAL SERVICES TOUR THE TRAIN STATION SEE THE STEAMTOWN TRAIN PULL IN

(full press release can be found at www.waynecountypa.gov)

Entertainment by the Lenoxville Community Band; Food available for purchase;



Handicap Parking at the Station; General Parking at Lehigh Township Bldg. on Second Street CONTACT: Wayne Moreau 570-842-8148 for more information





Greetings to all from the nutrition department!

We hope all of you are eating and living well! We have made some changes to the meals and also planned our Father's day celebration.

As I'm working with the menu, and assuring adequate amounts of whole grains, I'm hoping folks

might be interested in reading about their health benefits. Regulations governing the elderly nutrition program in Pennsylvania require we provide whole grains at least three times per week. Whole grains are starchy carbohydrates, such as bread and pasta. They have multiple advantages.

Whole grains contain a very important component, called fiber.

Some of the ways fiber helps us:

- 1. Improves management of blood sugar (especially important in diabetes management). It helps control the release of dietary carbs into the bloodstream.
- 2. Improves blood cholesterol management. It binds with dietary cholesterol-improving it's removal, instead of recirculating it in the bloodstream. (important in preventing and treating heart disease)
- 3. Improves overall waste removal, thereby decreasing exposure to toxic substances in the digestive tract. (less risk of cancer)
- 4. Prevents constipation. (Adds bulk to the diet)
- 5. Keeps us satisfied longer after eating.
- 6. Prevents diverticulitis—a digestive inflammatory disease.



Whole grains also contain more vitamins and minerals than their more processed counterpartknown as refined grains.

Through processing, refined grains lose much of their fiber, and their nutrients. Though regulations require manufacturers to replace iron and four 'B' vitamins in refined grains, the original grain's vitamins and minerals remain at much lower quantities than whole grains. We are better nour-

ished by eating more whole grains because the levels of vitamin 'E', magnesium, selenium, vitamin B 6, phytochemicals, and antioxidants—to name a few, are much higher. These nutrients are needed by the body to support health.

To gain the most health benefits, shop for products whose first ingredient states, 'whole' (next to the name of the grain-oats, wheat, etc). This type of eating may be a change for some folks. Go slow, and be sure to drink additional water. Strive to make at least half your grains whole. This means *at least* 3 servings of whole grains daily: ½ cup of cooked oatmeal, a slice of whole grain bread, a half a cup of cooked brown rice. Eating a variety of whole grains is recommended to improve eating satisfaction, as well.

By, Lynn Guiser, Licensed and Registered Dietitian

Wayne County Public Library 1406 Main Street, Honesdale ADULT PROGRAMS

EXERCISE YOUR MIND: READ

Have fun this summer with our adult summer reading program!



2. Email or drop off a review of your book a month (reviews shared

anonymously—fun prizes drawn from the review slips).

BE A READING HERO! Read more than 3 books and you are a Reading Hero and you're entered into a special

prize drawing at the end of summer (Aug 9).



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WALK-TALK Kick off the library's summer reading with a walk talk. The library will feature a morning walk on most Thursday mornings at 9:00. We will talk about books on our walk. All participants will be entered in a drawing for prizes.

OTHER ADULT EVENTS

June 7—Exercise Safety—Tina Hoehn of Wayne Co YMCA

Contact Elizabeth for more details at ewilson@waynelibraries.org or 570-253-1220

June 28—Adult Coloring for Relaxation

What a change in the weather! All the rain, wind and cold nights seems to make me think we are at the end of March or beginning of April. They say April showers bring May flowers but what do May showers bring? A Robins nest on our front door wreath, she laid 4 eggs which we will be waiting patiently for (see picture). Don't forget our annual picnic at the end of July planned for Friday the 22nd at our favorite place Lake Genero with the Hamlin Seniors. This years theme is a Down Home Country Picnic, and as always don't forget to invite all your friends and family for a good time, dancing, singing, eating and socializing with friends. Entertainment ,door prizes, 50/50 and raffles will be available.

I must apologize for not having an article in recent months. I was on vacation, then at a conference and just ran out of time. I hope we all paid attention to the co-pilot announcements to see what was planned for the month.

We had a terrific Mothers Day. Plenty of Moms enjoyed a day planned out just for them. They received flowers, door prizes and a delicious meal followed by a scrumptious desert. I'm sure we all went home happy. We are looking for an reliable volunteer to help in the kitchen on a

daily basis for clean up duty. Must not mind dishes, pots and pans. Services needed from 12 noon to approximately 1:30 pm. If you are interested contact Lu Seagraves @ 570-226-4209 or stop by the center. Your help is greatly appreciated. On Friday, June 3rd we will have The Black Bear Women's

Choir starting at 11 am. June 14th—Flag Day. June 17th—Fathers Day and Miracle Ear screening for your hearing from 11:15 to noon. On June 24th Roy Harrity will speak on Lyme disease from 11:15 to noon.

June Birthday's are: Archie Diehl, Susan Beahr, Joyce Carson, Ethelyn Gross, June Strait, Linde Malti, Geraldine Edwards, Robert Kaub, Joan Nixon, Sharon McCormick and Barbara Brockner.



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		1) Wh Wh Spaghetti	2) Pork Chop Loin	3) Orange segments
		With Meat Sauce	Pierogies	Pizza
HOME		Cauliflower	Applesauce	Sausage bites
DELIVERED		Green beans	Peas n Pearl onions	Broccoli
		Granola bar	Ambrosia	Graham crax
MENU	Oream offine.			
6) Orange juice	7)Shred Pork	8) Vegetarian chile	9) Apple juice	10) Bakd brded Chix
Corn chowder	Barbecue On Bun	Salmon baked w/an	Ham	tnders
Bread- whole wheat	Asparagus	Apple Sauce	Warm Pineapple	Baby Bakers
Salisbury steak w/	Cauliflower	Whole Wheat Rotini	slices	Baby carrots
Gravy	Warm Diced	Rye Bread	Parmesan butterd	Cabbage
CapeCod blend Veget	peaches	Pink grapefruit	Fettucci	Whole Wheat bread
	Over Biscuit		Sweet potato	
13) Haddock Fish Patty	14) Chix Cacciatore	15) Cranberry juice	16) Vegetable	17) FATHER'S DAY
On bun	over whole wheat	cocktail	lasagna	Roast beef
Stewed tomatoes	pasta	Mamburger	Sausage bites	w/gravy
Brussels	Zucchini	On Wh wh bun	Broccoli	Red skin mashed
Oatmeal	Succotash	Sweet potato cubes	Wrm Cinn Apple	potatoes
Raisin	Jello cake-Top		sices	Broccoli
cookie	w/blueberries			Dinner Roll
Coome	n whipped			Diced Pineapples
20) Meatloaf	21) Tom w/beans soup	22) Chicken Parme-	23) Apple juice	24) Orange-pineappl juice
Mashed potatoes	Cheeseburger	san	Pollock loin	Egg Omelette
Mixed vegetable	on bun	Whole wheat rotini	Garden rotini	Turkey Sausage Patty
WW Dinner Roll	Sweet potato fries	Broccoli	Wax beans	Breakfast Potatoes
Apple Betty	Pink Grapefruit	Carrots	Apricots	Rye bread
Apple betty	Tink Graperial	Italian bread	Apricots	Warm peach slices
27) Stuffed Shells	28) Grape juice	29) Honey Mustrd	30) Roast turkey w/	A .
Meatballs with sauce	Breaded porkchop	chicken	Gravy	MILK
Cauliflower	Garden Rotini	Mashed potato	Mashed potatoes	SERVED
Spinach	Wax beans	Zucchini	Brussel spouts	WITH
Italian	Strawberries	Mixd vegetables	Whole wh dinner roll	
bread		Whole Wheat bread	Wrmd diced peaches	ALL
		LornaDoones	On biscuit	MEALS



NORTHERN WAYNE NEWS

On May 5th we celebrated Mother's Day with door prizes and Mother's Day bingo. Our upcoming speakers will be:

June 2nd: Miracle Ear will be here to speak about hearing loss and they will also do a hearing loss screening.

June 16th: Roy Harrity will give a presentation on vascular cardio blood pressure.

Come out and join us on the first and third Thursdays of the month for lunch and activities. Please call Marie at 570-253-4262 for reservations.



Cape May New Jersey

\$519 per person double occupancy \$719 per person single occupancy "... One of America's Treasures"

Featuring a Trolley Tour

of the Historic District, The Physick Estate, Elaine's Dinner Theatre, a Boat Cruise, a day in Atlantic City & more.

4 Days - 3 Nights

Tuesday thru Friday, September 13th - 16th, 2016

Your package includes: 3 nights lodging at the Grand Hotel, 3 breakfasts, 2 dinners, including Elaine's Dinner Theatre, Carriage House exhibit, Tour of the Physick Estate, Trolley tour, Dolphin Watch Boat Cruise, taxes, gratuities and

motor coach transportation.

Thursday will be a free day for you to explore Cape May on your own or spend the day in Atlantic City. We need at least 25 people to go to A.C. to get a casino rebate so I'll be taking names before the trip if you want to go.

More detailed information and cancellation insurance available upon request.





Reserve your seat with Marie at 570-253-5540 or Debbie at 570-689-3766 **Depart:** Honesdale McDonald's at 8:00am, Hawley Center at 8:30am, Hamlin Center at 9:00am

*Please have a \$300.00 deposit in by Friday, July $8\,$ - Balance due by Fri- I

day, August 5, 2016

Make checks payable to: Wayne County Aging

Cancellation Policy: Money refunded only if your seat can be filled. Trip insurance is available.



ATTENTION GRANDPARENTS RAISING GRANDCHILDREN!

Support Group Now Meeting—You face unique challenges and who better to understand those challenges than a group of your peers?

Every other Thursday @ 6:00 pm @ Wayne Memorial Hospital

(upcoming meetings: June 2nd June 16th June 30th)
For more info call Pediatric Practices of NEPA Medical Home Care Coordinator Allyson Pretty-Hopkins 570-253-5838 or 570-862-9526.

(Group also open to other nontraditional settings.) Childcare provided during these meetings with activities and light snacks available.

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The Woodstock Museum and Bethel Wood Center for the Arts &

Monticello Raceway and Casino

Tuesday, August 9th \$32.00 per person Call Marie at 253-5540 or Debbie at 689-3766 to reserve your seat.



Take a step into our time machine and travel back to "Woodstock and the Sixties." Remember way back to 1969... maybe you were there at the famous concert, maybe you remember the music, remember the movie. Who can forget? Relive it again at The Woodstock Museum. After our museum tour we head to Monticello Casino for lunch and a little gaming. Tuesday is senior day; the buffet is 15% off for seniors.

Depart:

Hamlin Center @ 8:30am

Hawley Center @ 9:00am

Honesdale McDonald's @ 9:30am

Arrive Home:

Hamlin Center @ 5:30pm

Hawley Center @ 5:00pm

Honesdale @ 4:30pm

*Please have your money in by Monday, August 1st.

*Cancellation Policy: Money refunded only if your seat can be filled.

No refunds after August 2nd for any reason.

Oktoberfest at Split Rock Resort

Thursday, October 20, 2016 \$60.00 per person

Enjoy the versatile musical stylings of The Adlers Band. They will get you up and dancing! Entertaining in the Poconos since 1979. They are the quintessential American Oktoberfest band, playing the best of Austrian-German songs and party music.

Plus a German style buffet luncheon, bingo & other activities the resort offers... like the indoor pool.

Reserve your seat with Marie at 253-5540 or Debbie at 689-3766.

Depart:

Honesdale McDonald's @ 9:00am

Hawley Center @ 9:30am

Hamlin Center @ 10:00am

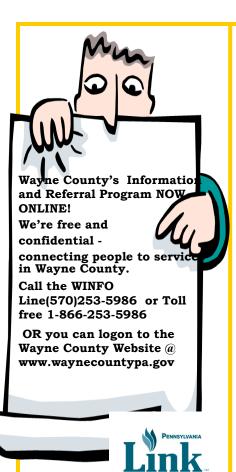
Arrive Home:

Honesdale @ 6:30pm

Hawley @ 6:00pm

Hamlin @ 5:30pm

*Please have your money in by Friday, Oct. 7th. *Make checks payable to: Wayne County Aging. *Cancellation Policy: Money refunded only if your seat can be filled. No money refunded after Oct. 13th for any reason.



Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS/Prudential sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne Satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart Satellite @ Masonic Hall 136 South Street, Waymart Meetings 1st & 3rd Thursday. Call Kimber Best 570-267-2742.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: <u>Honesdale</u> 308-10th Street, 9-12, Tuesday and Thursday ONLY; <u>Hamlin</u> Senior Center, 9-12, 1st and 3rd Wednesdays; <u>Hawley</u> Senior Center, 9-12, 2nd and 4th Wednesdays. For more info please call: 570-253-5970, Ext. 3114.

Production Coordinator: Kathy Robbins Menu Coordinator: Lynn Guiser Editor: Kathleen Chicoski kchicoski@waynecountypa.gov

